

Action Plan for Scheduling Concerns

When schools in North Dakota were surveyed about starting the School Breakfast Program, several school and bus scheduling concerns were identified. This action plan addresses these concerns with possible solutions.

CONCERN: Children are transported and arrive within 5 minutes of school starting. If mid-morning milk break developed into breakfast, concern is expressed about decreased lunch participation, waste and garbage.

SOLUTION: **Breakfast in the classroom** could be the answer to these concerns. Since children arrive close to the beginning of the school day, they would go directly to the classroom. During the first 7-10 minutes of the day when announcements are aired and the teacher is taking attendance or collecting homework, children eat breakfast. Food service staff places the food, napkins and garbage bags in milk crates and in small coolers if there are hot items. Representatives from each class are selected to go to the cafeteria to pick up the breakfasts and take them to the classroom. Once in the classroom, students serve themselves, eat breakfast, wipe up, and put the trash in the garbage bag. The milk crates and coolers with leftover items and the garbage bags are placed in the hallway after breakfast, and the janitor picks them up. Read on for what a teacher has to say about her experience with breakfast in the classroom. See the folder called *“There’s More Than One Way to Serve Breakfast”* for help in this area.

“I felt I had enough to do with preparing for teaching that to have breakfast in my classroom would just be extra work and a big mess, but I found that I barely have to do any work at all, and the kids are so much better behaved that my lessons go much smoother. I would want to tell other teachers that it may seem like a hassle, but it really is minimal work with a lot of positive payoffs...I would be upset now if they took the breakfast program away.”

When breakfast is served in the classroom at the beginning of the day, three hours or more passes between breakfast and lunch. Most children can eat every 3 hours; therefore, participation at lunch should not be affected. Because breakfast is reimbursed by USDA, it is a better option than the milk break.

CONCERN: School has before-school activities. When those are finished, students go directly to the classroom.

SOLUTION #1: **Grab ‘n Go breakfasts** could be the answer to this concern. Food service staff packages breakfasts the afternoon before. Students pick them up before class begins or between classes, either in the cafeteria or from carts stationed around the school. This option works particularly well for junior high and high school students. See the folder called *“There’s More Than One Way to Serve Breakfast”* for help in this area.

SOLUTION #2: **Breakfast after first period** can be served in either the cafeteria or the classroom (see above for this method of service). The few minutes it takes to add breakfast to the school day are offset by students’ active participation once their brains are fueled. See the folder called *“There’s More Than One Way to Serve Breakfast”* for help in this area.